

F.

TOP $\frac{1}{2}$ KN. STR. ST. - SIDE BEND'G.

F.

'S' STRD. ST. - SIDE 3D'G OF T. W.
OPP. KN. 3D'G.

F.

$\frac{1}{2}$ WC. STRD. ST. - T. TWIST $\frac{1}{2}$ W. SINGLE
A. FLING $\frac{1}{2}$.

F.

STRD. ST. - T. TWIST'E W. ARM FLING'G
FROM SIDE TO SIDE.

F.

HEEL RAIS'G + KN. BEND'G - W. ARM
SWING'G + CIRCUL'G + ALT. FT. PLACING
SIDEW. + SIDE - BEND'G.

F.

SIDE OPP. FOOT SUPP. HALF ST. - S.B.

95

S.

NECK D. L LY. - LEG SWING'G FROM
SIDE TO SIDE W. SUPP. OF HELPER.

S. + F.

TOP ST. - SINGLE FOOT PLAC'G SIDE W.
+ KN. BEND'G + STETCH'G
PUSH'G OFF W. SIDE BEND'G.

5.

GRASP HOOK BOW SITTING. (HDS. ON KNEES)
CH. LIFT'G W. ARM RAIS'G SIDEW.

BOW ST. - T. RAIS 'G CH. LIPT 'G W. LOW
HD. TURNING.



The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.